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UCSF Newsbreak

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Kathyrn MacDonald

Medical staff moving into the Excelsior clinic, are, from left to right, Director Jay Bachicha, Karen Gandley, a certified nurse midwife, and Gloria Yee, nurse manager.

UCSF, SFGH to open Excelsior clinic

By RUTHANN RICHTER

A former grocery store in the Excelsior District has been transformed into a new neighborhood medical group to provide primary care services to women and children in the community.

The Excelsior Group HealthCare for Women and Children, to open soon, is one of several joint ventures between UCSF and the UCSF-affiliated San Francisco General Hospital. "It's special because institutions with sometimes very different missions are combining their resources to provide a community service in a way that is pretty unique and rarely done," says Jay Bachicha, UCSF assistant professor of obstetrics, gynecology and reproductive sciences and director of the new group.

The new medical office was created after interviews with local residents found there is a need for convenient, accessible services in the neighborhood. The medical group will primarily serve families in the Excelsior, Noe Valley, Bernal Heights, Glen Park and Mission neighborhoods.

All of the medical staff, which includes a pediatrician, nurse educator/manager, and certified nurse midwife, is bilingual in Spanish, Cantonese or Mandarin. "We want to provide access to health care for women and children in a comfortable, culturally sensitive environment with backup provided by medical institutions that are among the best in the country," says Bachicha, who is a native Spanish speaker. "It is exciting because the Excelsior Group is small enough and flexible enough to be responsive to ongoing changes in managed care."

Located at 4434 Mission Street, at the corner of Francis Street, the Excelsior Group is housed in a modern, newly remodeled building that is light and airy and decorated in soothing tones of turquoise and rust.

Women will be able to receive routine care, including pap smears, breast exams, mammograms, prenatal care, some high-risk obstetric care and education on lifestyle issues such as nutrition and exercise. Pregnant women seen at the clinic will deliver their babies at SFGH or UCSF, says Bachicha. The Excelsior Group pediatrician will provide primary care for babies born to clinic patients, as well as other children in the community. For women and their newborns, the service will be a "one-stop shop," as both can be seen by a physician at the same time, says Richard Brown, UCSF professor of pediatrics and director of the Children's Health Center at SFGH.

"It's a community clinic in which patients with complex problems can receive high-quality care within the SFGH/UCSF system," says Brown, who adds that youth needing more specialized care or hospitalization will be referred to SFGH.

Bachicha and the staff will work cooperatively with other Community Health Network (CHN) health centers in the city and will be available for consultations and educational seminars. Bachicha is particularly interested in issues involving violence against women, adolescent health, sexually transmitted diseases and menopause. "I think a key ingredient to our success is our ability to network with other CHN health centers and assist with educational services they may need," Bachicha says.

A comprehensive health network that combines the Department of Public Health community-based primary care services with outpatient and inpatient services at SFGH, CHN provides primary, specialty, acute, diagnostic and ancillary services. The network's services are guided by a philosophy that emphasizes prevention, access and cultural sensitivity.

Patients who want to be seen at the Excelsior clinic can call 406-1353.

Rise in specific type of breast cancer has researchers questioning treatment

By PATRICIA FORSYTH

The startling increase in a specific type of breast cancer and the various ways it is treated in the US have researchers at UCSF and the affiliated VAMC calling for more studies to determine what interventions yield the best results for patients.

More than 23,000 cases of "ductal carcinoma in situ" (DCIS) — when malignant cells are confined to the breast's milk ducts — were diagnosed during 1992 in the US. That's a 200 percent increase over what might be expected from rates in 1983, the researchers reported in the March 27 issue of the Journal of the American Medical Association.

Study leader Virginia Ernster, UCSF professor and vice-chair of biostatistics and epidemiology, says the increase in DCIS cases "parallels the widespread adoption of mammography," but she questions the inconsistency in the way it is treated in the US.

Ernster and her colleagues, who analyzed breast cancer incidence and treatment data collected by the National Cancer Institute's Surveillance, Epidemiology and End Results, found that treatment of DCIS by the more radical approach, mastectomy, or by the conservative approach, lumpectomy, varied by location.

Researchers estimated that more than 10,000 American women diagnosed with DCIS in 1992 underwent a mastectomy. "It may be that many of these women were overtreated," Ernster says. "Studies are clearly needed on the appropriateness of different types of treatment in DCIS, ranging from mastectomy to biopsy and watchful waiting — and for studies with sufficient follow-up time to determine survival rates, not just whether there is a recurrence within the breast."

Ernster stresses that there are no well-designed trials that have compared patients who have mastectomies for DCIS to those who receive breast-conserving therapy, or even trials that have looked at long-term survival in treated versus untreated women with DCIS.

The current dilemma

A poorly understood type of tumor, DCIS is too small to feel in self exams, but is visible in a mammogram. Perhaps the majority of cases do not progress to invasive breast cancer, Ernster says. "The current dilemma lies in not knowing how to distinguish those cases that are likely to progress to invasive disease," she says. "These findings underscore an urgent need to determine the best treatment for DCIS, as well as research to define which DCIS cases will progress to invasive cancer."

Small studies suggest that somewhere between 6 percent to 18 percent of women who die of causes other than breast cancer have DCIS discovered during autopsy, Ernster says, suggesting that the condition is not uncommon. Other small studies suggest that perhaps 25 percent of women who have only a biopsy but no further treatment for their DCIS will later go on to develop invasive cancer.

"We just don't have a sufficient database

(See **BREAST CANCER** *on page 3*

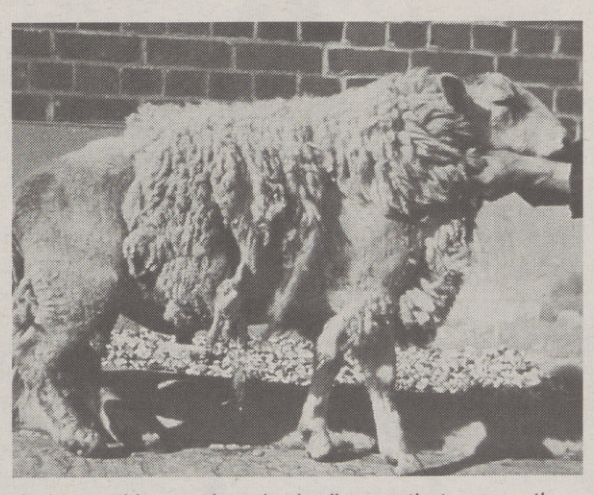
Of mad cows, the British and UCSF

JEFF MILLER

For the last several weeks, newspaper readers have been barraged with reports of the continuing British beef crisis and its links to a rare human brain disorder, as well as a disease called scrapie that mainly affects sheep. To help readers sort out the confusion surrounding the strange and obscure terms that have peppered these articles about the animal epidemic and its threat to human health, we have prepared a glossary for quick reference.

Prions: the shortened form of the term "proteinaceous infected particle." The term was created by UCSF neurologist Stanley Prusiner in 1982 to name the mysterious molecule that lacks the "necessary" ingredients for life, specifically RNA and DNA, but that he has found to be the cause of certain neurodegenerative diseases in both animals and humans. This entirely new class of infectious pathogens seems to work by promoting the conversion of a normal protein into one with an abnormal shape. As these misshapen proteins accumulate, they destroy the brain. Prion diseases also are unique because they can be both infectious and hereditary. Not everyone agrees with Prusiner, which is why the New York Times sometimes refers to prions as "conjectured entities."

Scrapie: a common and usually fatal brain disease of cattle, sheep and goats that has been recognized for some 200 years. The name comes from the infected animals' behavior of constantly scraping against objects as they lose their coordination and stumble about.



A sheep with scrapie, a brain disease that causes the animal to constantly scrape against objects

Scrapie figures prominently in the mad cow story because until 1989, it was common for sheep offal (basically what is left over after an animal has been butchered and dressed) to be used in cow feed. It is thought that scrapie-infected sheep organs caused the infection in British cows. (Note in the accompanying chart how the number of mad cow infections peaked in 1992 and has been declining since, evidence cited until recently to bolster public confidence in British beef.) In 1994, the FDA proposed that certain sheep offal, primarily adult sheep, be banned in animal feed. Large segments of the agricultural industry reportedly opposed the ban, which was postponed.

(See **MAD COWS** *on page 3)*

UCSF to use excimer laser for nearsightedness

UCSF ophthalmologists will treat nearsightedness with a new laser, a tool approved March 27 by the Food and Drug Administration.

Manufactured by VISX Inc. based in Santa Clara, the laser will be available in mid-May for use in treating patients in the newly renovated laser surgery suite at the UCSF Vision Correction Center.

The excimer laser has been shown in studies elsewhere to be more effective than radial keratotomy — the most widely known refractive surgical procedure —in patients with moderate nearsightedness, says Richard Abbott, professor of ophthalmology.

"The excimer laser is the most advanced technology to provide patients with optimal vision care," says Abbott, who co-directs the center with David Hwang, associate professor of ophthalmology. "We are excited about what the approval of this laser will mean to patients seeking surgical correction of nearsightedness."

The excimer laser is another method of surgically reshaping the eye's cornea—the transparent part of the eye that covers the iris and pupil and admits light to the interior. It is unique because it emits a "cold" or non-thermal light beam, which makes it ideal for corneal surgery because it eliminates the possibility of thermal damage to surrounding tissue, Hwang says.

In seconds, the excimer laser removes microscopic amounts of tissue from the surface of the cornea, making the central zone flatter. The flattened cornea is then able to focus light more directly on the retina, thereby reducing nearsightedness.

During nationwide clinical trials, all patients experienced a significant improvement in uncorrected or natural vision after laser vision correction with the VISX laser. Approximately 90 percent of Americans with mild to moderate levels of nearsightedness may be candidates for treatment with the excimer laser, according to VISX.

UCSF also will be a principal study site for studies involving an even newer "second-generation" excimer laser. UCSF eye researchers hope the new laser can further improve on the first-generation lasers, such as the VISX, by offering more accuracy, less pain and faster recovery.

Patients interested in more information about the excimer laser may contact the UCSF center at 476-5021.

Gazette

Cooper wins Parke-Davis award

Edward D. Cooper, assistant adjunct professor of neurology at UCSF, has received the 1996 Parke-Davis Young Investigator Award in Epilepsy from the American Association of Neurology Research and Education Foundation.

The $75,000 award will support Cooper's ongoing studies, which may provide the basis for developing new anti-epileptic drugs.

Cooper

His research focuses on potassium channel proteins produced in the part of the brain frequently damaged in the most common forms of epilepsy. Cooper began his research studies on potassium channels in 1994 under the guidance of UCSF faculty sponsors Lily Y. Jan, professor of physiology and biochemistry, and Daniel H. Lowenstein, associate professor of neurology and anatomy.

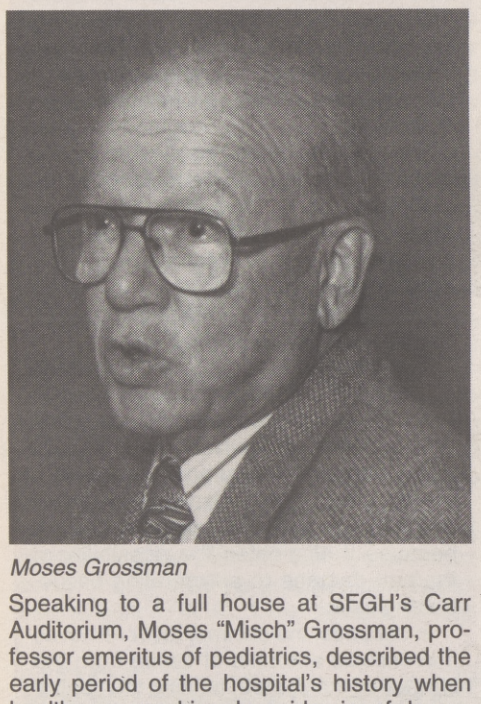
Cooper received his MD and PhD in cellular and molecular physiology at Yale University School of Medicine. He was a medical intern and neurology resident at UCSF from 1990 to 1994.

Recipients of the young investigator awards are selected through a national annual competition with support provided by Association membership dues and contributions from individuals and corporations, including Parke-Davis Inc., a research pharmaceutical company.

In Memoriam

Otha D. Boston, 51: A Medical Center employee for some 30 years, "O.D." Boston was an effective lead supervisor for the washroom section in the laundry services department. He retired Dec. 1, 1995. A native of Louisiana, Boston was the eighth of 14 children, four of whom preceded him in death. He received an honorable discharge from the US Army prior to working at UCSF.

Grossman recalls old days at SFGH



Moses Grossman

Speaking to a full house at SFGH's Carr Auditorium, Moses "Misch" Grossman, professor emeritus of pediatrics, described the early period of the hospital's history when health care was driven by epidemics of plague, smallpox and polio. Grossman was the guest speaker for the 25th Annual Brainerd Memorial Lecture, an event named for Henry D. Brainerd, a former professor of medicine and chief of medical services at SFGH who served as a catalyst for developing closer ties between the School of Medicine and the city and county of San Francisco.

Date correction for meeting at SFGH

The special insert in the last issue of Newsbreak listed an incorrect date for an upcoming campus meeting to discuss the long-range development plans at UCSF. The meeting is scheduled for Friday, April 19, from noon to 1:30 p.m., in SFGH's Carr Auditorium. This meeting is part of a series to be held on campus and in the community. See page 5 for meetings at Parnassus Heights and Laurel Heights.

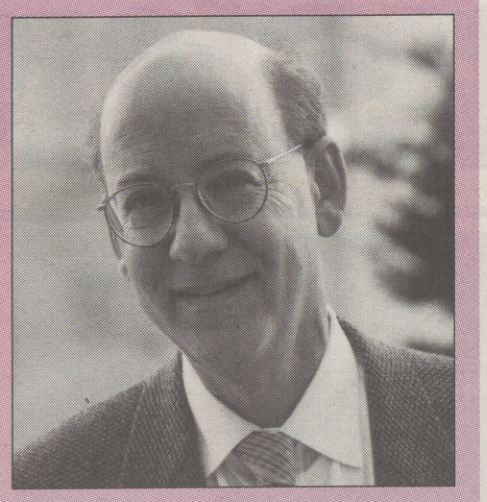
SFGH gets $6.4 million for AIDS trials

The UCSF AIDS Clinical Trials Unit at San Francisco General Hospital has been awarded a $6.4 million four-year grant from the Adult AIDS Clinical Trials Group (ACTG) of the National Institute of Allergy and Infectious Diseases (NIAID).

NAIAD is making 32 four-year awards to adult ACTG sites around the country this year. The ACTG is a multicenter clinical trials network established in 1986 to test new drugs and treatments for persons infected with HIV. The UCSF AIDS Program at SFGH has been one of the ACTG clinical trial sites since 1986.

"Continued federal funding makes it possible for us to continue our leadership role in developing better treatments for HIV disease and its complications," said Mark Jacobson, UCSF associate professor of medicine and principal investigator for the ACTG-funded clinical trials unit at UCSF.

Twenty UCSF researchers are involved in these clinical trials and more than 1,300 patients have contributed to the development and implementation of 71 clinical drug trials since the program began, most of which have led to Food and Drug Administration approval of new therapies for HIV disease, including: didanosine (ddI), zidovudine (AZT), saquinovir (a protease inhibitor), and drugs targeting opportunistic infections such as fluconazole for cryptococcal meningitis, foscarnet for CMV retinitis and for acyclovir-resistant herpes simplex, and trimetrexate for *Pneumocystis carinii* pneumonia.



Mark Jacobson

UCSF gets grant to study mental illness

UCSF is among the 76 medical research centers and universities in the US, Canada, Great Britain and Israel to receive grants from the National Alliance for Research on Schizophrenia and Depression (NARSAD) to finance basic studies on mental illnesses.

NARSAD awarded a total of $8.8 million for research on severe mental illness, including 11 awards to the University of California.

At UCSF, Thomas J. Brennan, Michael J. Caterina, Michael Escamilla, Yongjian Liu and Susan M. Smiga are among the 120 young investigators awarded two-year $30,000 grants per year. Stewart A. Anderson, Fiona K. Bedford, S. Paul Berger, David S. Bredt, Laura N. Bull, Malcolm Reid and Laurence Tecott are among 1995 investigators who received their second year of funding. Nelson B. Freimer and Owen M. Wolkowitz received two-year grants of $50,000 per year as independent investigators.

The 1996 awardees were selected from an applicant pool of nearly 700 by NARSAD's Scientific Council, a panel of 41 scientists and academic leaders involved in all phases of neurobiological and psychiatric research.

"The remarkable and rapid growth of knowledge about the human brain and behavior from basic research and clinical studies is providing an unending opportunity and challenge to outstanding scientists to ameliorate the difficulties, and even tragedies, of psychiatric disorders, and all types of severe mental illness," says Herbert Pardes, president of NARSAD's Scientific Council and vice president for Health Sciences at Columbia University. "The success of this program helps to ensure that urgent progress will be made despite the current stringencies on governmental funding."

Celebrating its tenth anniversary, NARSAD is America's largest, non-governmental, publicly funded organization that raises and distributes funds for scientific research for mental illness. Since its inception, NARSAD has awarded a total of $43 million to 619 scientists.

UCSF: Partners to promote primary care

The UCSF School of Nursing and School of Medicine are among health organizations working as partners to develop a training program designed to increase the number of primary care health professionals in the San Joaquin Valley.

The San Joaquin Valley Health Consortium, which received a $300,000 two-year grant from the Robert Wood Johnson Foundation to finance the first phase, is coordinating the program to teach nurse practitioners, nurse-midwives and physician assistants — all of whom are in short supply in rural and urban areas.

Partners are helping the consortium plan a community-based, culturally sensitive, interdisciplinary curriculum that will teach students using teleconference and computer technology. Last month, 25 partners in three Northern California locations participated in a teleconference to plan the program.

UCSF partners are the Family Nurse Practitioner Program in the Department of Family Health Care Nursing in the School of Nursing, the Interdepartmental Nurse Midwifery Program in the Schools of Medicine and Nursing, and the Center for the Health Professions and the Fresno Medical Education Program in the School of Medicine.

Other education partners are health educators and policy experts from California State University, Fresno; the Family Nurse Practitioner and Physician Assistant Program at UC Davis; and Planned Parenthood of Central California.

The consortium was one of 12 recipients nationwide to share a total of $3 million in grants to begin the first phase of the program, an effort that includes recruiting and training of students, developing a curriculum and defining finance strategies to support the program.

The consortium's educational plan will compete next year to be one of eight projects to share in $11 million in Robert Wood Johnson Foundation grant support for phase two of the program. If selected, UCSF and the other education partners are expected to begin implementing the Fresno-based curriculum.

Belshe earns top patient counseling recognition in US

Marie A. Belshe, a third-year pharmacy student at UCSF, is the 1996 winner of the National Patient Counseling Competition (NPCC) held recently at the American Pharmaceutical Association (APhA) annual meeting in Nashville, Tenn.

Belshe performed the best among 1,500 entrants who were provided prescriptions and patient profiles and then asked to counsel a "patient" on the safe and effective use of the medication–all within a limited time period.

Belshe

Belshe attributes her success in the national competition to the UCSF School of Pharmacy and the ACC where she has worked for three years.

For her first-rate counseling skills, Belshe received a collector's edition of the United States Pharmacopeia (USP) and the National Formulary and a $600 cash prize. She also earned a trip to the nation's capitol to attend the 1997 National Council on Patient Information and Education meeting.

"Counseling that is competent, thorough, personal and caring is an essential component of pharmaceutical care," Jerome Halperin, USP executive vice president, said during the awards ceremony.

The NPCC is an official function of the APhA Academy of Students of Pharmacy and is sponsored by the US Pharmacopeia. Seventy-four of the nation's 75 colleges and schools of pharmacy were represented in the 12th annual competition.

HIV women, youth get more support

Bay Area theater-goers, responding to a two-week appeal from actors, have contributed $26,250 to the Bay Area Perinatal AIDS Center (BAPAC), a UCSF program that provides access to clinical trials and other support to HIV-positive pregnant women and their children.

The funds will be used to provide social services, child care, transportation and food to BAPAC families, says Joel Miller, coordinator for BAPAC.

Based at SFGH, BAPAC was one of only two Bay Area agencies selected to receive this year's campaign funds raised from November performances of "The Phantom of the Opera." The appeal by local cast members was part of a national fundraising campaign to benefit Broadway Cares/Equity Fights AIDS, which has raised and distributed millions of dollars toward the fight against AIDS. The campaign was sponsored by Absolut Vodka.

UCSF Newsbreak

(ISSN0891-6063) Volume 11, Number 7, April 6-April 19, 1996 (two weeks). Published by the University of California, 3333 California Street, Suite 103, San Francisco, CA, 94143-0462, 21 issues per year — biweekly, except monthly during July, August and December. Second-class postage paid at San Francisco, CA. POSTMASTER: Send address changes to UCSF Newsbreak, Public Affairs, University of California San Francisco, Laurel Heights, 3333 California Street, Suite 103, San Francisco, CA 94143-0462.

Deadline for the next issue, which will cover April 20-May 3, 1996, will be on **Tuesday, April 9, at 11 a.m.** Please send campus and Medical Center news to Lisa Cisneros, 476-3256 or lisa_cisneros@quickmail.ucsf.edu, and calendar and gazette items to Michele Firpo, 476-3257 or michele_firpo@quickmail.ucsf.edu, all at Box 0462; fax 476-3541. Last-minute copy may be taken over the telephone by calling the above telephone numbers. The University of California is an affirmative action/equal opportunity employer. UCSF fully ascribes to the Americans with Disabilities Act. If you need to view this communication in an alternate format, please contact Lisa Cisneros at 476-3256 with your suggestions.

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"Heat shock" genes may protect heart

By JEFFREY NORRIS

A gene that is "shocked" during trauma into triggering the production of proteins that curtail injury to vital organs may lead to new ways to limit possible complications of heart surgery or extend the life of organs waiting to be transplanted, UCSF researchers say.

From tightly controlled experiments in mice, they are the first to report that a "heat-shock" protein, called HSP72, which is made naturally by cells in response to stress, can limit damage caused by a heart attack.

Efforts to increase the cellular protection provided by the protein could serve as the focus for the development of new therapeutic approaches, according to the scientists, who presented their results at the recent annual meeting of the American College of Cardiology in Orlando, Fla.

"The findings bolster the idea that this heat-shock protein prevents cells from dying due to stress from lack of oxygen," says Christopher L. Wolfe, associate professor of cardiology and head of cardiac intensive care at UCSF.

There probably is not enough time to use HSP72-boosting interventions to help patients during heart attacks, says Wolfe, who directed the studies. However, "drugs or other interventions that quickly bolster heat-shock protein production or that mimic its cell-saving activity might be used to limit potential damage to the heart during surgery," he says.

For example, in the best of circumstances, Wolfe says, procedures such as coronary bypass surgery still pose a small but significant risk of heart damage, one which heat-shock proteins or their drug imitators might reduce.

Another possible clinical application of boosting production of HSP72 may be to prolong the healthy survival of donated organs awaiting transplantation, Wolfe says.

HSP72 is a member of a family of heat shock proteins, the first of which was identified in fruit flies more than 30 years ago. The proteins are called heat shock proteins because a rise in body temperature was the first stressor observed to cause an increase in their production.

However, heat shock proteins are now known to be made in response to other forms of stress and are thought to be a general defense mechanism for cells. They have been found to proliferate in children undergoing chemotherapy for cancer. In cells growing in culture, their production increases in response to toxic metals and alcohols.

To conduct their most recent mouse studies, the UCSF researchers used a special strain of genetically engineered mice bred by UC San Diego colleague Wolfgang H. Dillmann. These mice have extra copies of the gene that serves as the blueprint for HSP72, and the gene is always "turned on" to command production of the protein.

In their study, the researchers found that when heart attacks were simulated in six normal and seven genetically engineered mice, the genetically engineered mice lost almost three times less heart muscle tissue than the normal mice.

News from heart specialists

New light on why non-smokers die

By JEFFREY NORRIS

Non-smokers who are chronically exposed to second-hand tobacco smoke and high cholesterol often die from heart attacks as the result of a long disease process that damages cells that protect arteries, UCSF cardiologists report.

"Our experiments demonstrate that smoking and diet can affect the health of cells that are vital in preventing the clogging and hardening of arteries," says Stuart Hutchison, a clinical instructor in cardiology at UCSF.

Hutchison is part of a UCSF group studying how diet, smoking and hormones affect a microscopically thin layer of cells, called endothelial cells, which line the inner surface of blood vessels. In tests with rabbits, vitamin E was found to somewhat offset damage done to cells by smoke and fat, while testosterone was found to hinder it.

These findings, presented at the recent annual meeting of the American College of Cardiology, shed light on why 50,000 or more non-smokers die each year from heart attacks attributable to second-hand smoke. Heart disease greatly outstrips lung cancer or other cancers as the most prominent, deadly health risk faced by non-smokers.

Healthy endothelial cells prevent build-up of plaque by stopping blood-borne molecules from attaching to blood vessel walls, Hutchison explains. The cells also release and respond to chemicals that cause blood vessels to widen and narrow as the physiological situation demands. If these cells are lost or damaged, blood vessels are more likely to accumulate plaque, and the blood vessels become less capable of adjusting their diameters to meet the body's oxygen needs.

Plaque accumulation and its possible role in heart disease has been appreciated for centuries, Hutchison points out. But the loss of the ability to regulate blood vessel diameter has been known for less than two decades, and research into its contributions to heart disease has intensified and become more fruitful in recent years, he says.

The UCSF group measured plaque build-up, as well as the ability of aortic slices from treated rabbits to contract and relax in response to pharmacological substances. Both measures of heart disease were adversely affected when rabbits were fed a high cholesterol diet and exposed to tobacco smoke.

Researchers used vitamin E to investigate the possible role of oxidation in damaging blood vessels and endothelial cells. They wanted to know if oxidation is implicated in causing a blood vessel to become less flexible.

Vitamin E restored the ability of blood vessels to relax in response to pharmacological agents in the smoke-exposed, high cholesterol rabbits, but research on aortic slices in this group has thus far been inconclusive, Hutchison says. "These preliminary studies are helpful in understanding how cellular changes contribute to heart disease," Hutchison says. "However, we used massive doses of supplements to help us examine very specific aspects of blood vessel behavior and our results do not lead us to recommend dietary supplements for human heart disease at this time."

In the UCSF experiments, researchers also found that damage done to endothial cells may be made worse by testosterone. "In these male rabbits, estrogen did not improve the impaired response, and testosterone actually worsened it," Hutchison says. "This suggests that in male animals testosterone may participate in some aspects of atherosclerosis.

"This work raises questions about a possible role of sex hormones as protective or contributing factors in heart disease," Hutchison adds. "With more women trying to weigh the risks and benefits of post-menopausal estrogen therapy, and with many adolescent boys and men abusing male sex hormones in an effort to better compete athletically, understanding these connections becomes increasingly important."

Women are believed to be somewhat protected from heart disease by estrogen until production of the hormone drops at menopause.

"Ultimately," Hutchison adds, "We hope similar studies will help us learn how to better detect and prevent these harmful biological events before a heart attack occurs."

Other UCSF Division of Cardiology physicians who participated in the research include William Parmley, professor and chief; Kanu Chatterjee, professor; Stanton Glanz, professor; Khrishna Sudhir, assistant professor; Tony Chou, assistant professor; and Prakash Deedwania, a clinical professor of medicine at UCSF who is also the chief of cardiology at the VA Hospital in Fresno.

Breast cancer

(from page 1)

Virginia Ernster

right now to generalize about what happens to untreated DCIS," Ernster says, "so at this time most doctors feel that some form of surgery is warranted for most cases."

Each year about 6,000 cases of DCIS are being diagnosed in women under 50 in the US, she notes. Among women with no palpable mass seen in the UCSF Mobile Mammography Van screening program between 1985 and 1995, 43 percent of breast cancers detected in women aged 40 to 49 years were DCIS. While screening mammography has been clearly shown to reduce breast cancer death rates in women 50 and over, Ernster says, its value in women under 50 is controversial.

"While early detection of invasive breast cancer is beneficial, the value of DCIS detection is currently unknown," Ernster and colleagues report. "There is cause for concern about the large number of DCIS cases that are being diagnosed as a consequence of screening mammography, most of which are treated by some form of surgery. In addition, the proportion of cases treated by mastectomy may be inappropriately high, particularly in some areas of the US."

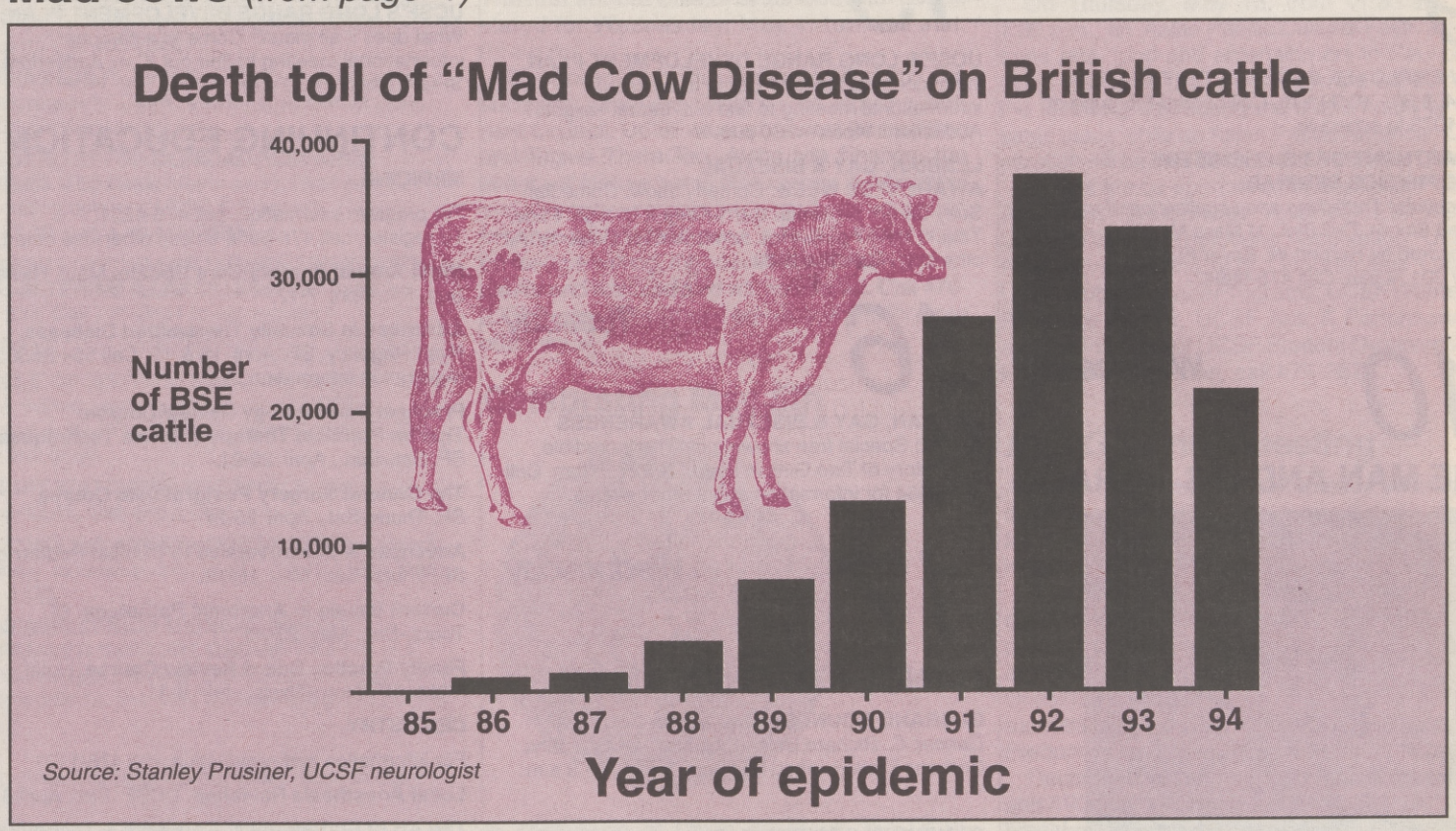
The team found a marked decline between 1983 and 1992 in the proportion of women treated by mastectomy instead of lumpectomy, in which just the DCIS and a margin of tissue around it are removed from the breast. In 1983, 71 percent of women with DCIS received a mastectomy, compared with 43.8 percent in 1992. By 1992, 23.3 percent were treated by lumpectomy with radiation and 30.2 percent by lumpectomy without radiation.

The researchers emphasized, however, that the proportion of women receiving mastectomies in 1992 varied widely from 28.8 percent treated by mastectomy in Connecticut to 57.7 percent in New Mexico. The proportion treated by mastectomy in the San Francisco/Oakland area was 39.1 percent.

Ernster's co-authors include John Barclay, UCSF statistician; Deborah Grady, director of the VAMC's Women Veterans Comprehensive Health Center and UCSF associate professor of epidemiology, biostatistics and medicine; Karla Kerlikowske, associate director of the VAMC women's health center and UCSF assistant clinical professor of epidemiology, biostatistics and medicine; and I. Craig Henderson, UCSF adjunct professor of medicine.

Mad cows

(from page 1)



First identified in 1986, bovine spongiform encephalopathy, or BSE, has struck mostly England's dairy cows, whose milk is not deemed a transmission route, and 20 percent of beef cattle. Believed to be caused by cattle eating feed fortified with ground-up remains of sheep that have suffered from a similar brain disease known as scrapie, BSE in cows began to soar in the 1990s, reaching a peak of 37,000 dead cows in 1992.

It now is being reviewed again despite the acknowledged difficulties in ensuring compliance.

Mad cow disease: a deadly neurological infection of cattle, first discovered in Britain in 1986. To date, 162,000 animals of England's 11 million cattle population have been stricken. The disease has not affected cattle in the US.

Bovine Spongiform Encephalopathy (BSE) : the formal name of mad cow disease that turns the brain into a spongelike or Swiss-cheese consistency causing dementia and death.

Creutzfeldt-Jakob disease (CJD): Often confused with Alzheimer's because of the accompanying dementia, CJD is a rare and fatal brain disease that strikes one in a million people. While the British government has ment has insisted there is no risk of BSE to humans, recently an expert advisory committee in England linked CJD to exposure to infected beef. The cluster of cases among younger patients in Britain has alarmed the public since the disease is exceedingly rare and usually does not strike before middle age at the earliest. The total number of CJD cases in Britain has risen from 28 in 1985 to 55 in 1994. Microscopic examination of the brain tissue of victims also reveals that the diseased nerve cells look different, suggesting that this may be a new variant of the disease. The incubation period is 10 to 40 years, which means cases appearing now would have been contracted many years ago.

Neurodegenerative diseases: a group of diseases, such as Alzheimer's, Parkinson's and Huntington's chorea, marked by nervous system degeneration.

Kuru: a neurodegenerative disease in humans found only among the Fore people of New Guinea, who ate the brains of their deceased relatives. It was while studying this disease in 1974 that UCSF's Prusiner first began to notice the similarities in brain tissue between its victims and animals with scrapie.

GSS: Gertsmann-Straussler-Scheinker syndrome, another rare neurodegenerative disease in humans believed to be caused by prions. Unlike Creutzfeldt-Jakob however, GSS is hereditary, giving credence to the finding that prion diseases can be both hereditary and transmissible.

Today/Tomorrow

6 Saturday

UCSF BENEFIT

Hospitals Auxiliary of the UCSF Medical Center holds annual Easter Egg Hunt & Shopping Spree at FAO Schwarz, 48 Stockton St. Call 476-4606 to register for fundraiser. Admission is $25 per child; adults are free.

DIABETES & YOUR EYES

Latest research and treatment of diabetes-related eye diseases are subject of Low Vision Forum. Daniel Schwartz, Ophth. UCSF Ambul. Care Ctr., 400 Parnassus Ave. 11 a.m. - 1 p.m. Free.

8 Monday

DEAN'S RESEARCH SEMINAR SERIES: *Breast Cancer, A Collection of Genetic Diseases.* Debasish Tripathy, Med. will discuss clinical behavior and genetic identity — the *HER 2/neu* story. Joe W. Gray, Lab Med. & Molec. Cytom., will discuss the development of genetic diversity — mechanisms and applications. Sponsored by School Med. Dean's Ofc. N225. 3:30-5 p.m. Video relay to UCSF/Mount Zion, SFGH and VAMC. Call 476-2342 for more information.

COST ACCOUNTING STANDARDS: Campus meeting. Cole Hall. 9 - 11 a.m. See upcoming events.

HOSPITAL NEW EMPLOYEE ORIENTATION: LPPI Aud., 8:30 a.m.- 1 p.m.. Department personnel representatives call John Frank at 476-3001 to schedule.

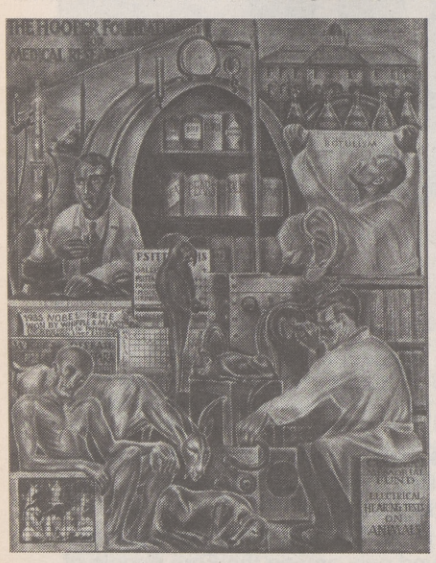
9 Tuesday

NEW EMPLOYEE BENEFITS ORIENTATION: S 214. 8:30 - 10:30 a.m. Call Lenard Florendo at 476-1073 to schedule.

DEPARTMENT OF BIOCHEMISTRY & BIOPHYSICS SEMINAR: *Intracellular Trafficking and Localization of mRNA.* Robert Singer, Cell Biol., U Mass Med Ctr. Sponsored by Herbert W. Boyer Fund. HSW 301. 4 p.m. Call 476-9994.

10 Wednesday

THE MAN AND HIS MURALS



CELEBRATING BERNARD BARUCH ZAKHEIM: Masha Zakheim, daughter of Toland Hall muralist, discusses her father's art on the 100th anniversary of his birth. Toland Hall. Co-sponsored by Public Service Programs and Chancellor's Committee on Arts, Honors & Recognition. 533 Parnassus. 7 p.m. Reception to follow. Free. Call 476-4394. (See Upcoming Events for more information.)

BROWN BAG LECTURE SERIES: *Does the Brain Hear Like It Sees?* Christoph Schreiner, Oto. explains how auditory cortex processes sound. HSW 300. Noon - 1 p.m. Call 476-4394.

11 Thursday

LRDP CAMPUS MEETING

UCSF'S LONG RANGE DEVELOPMENT PLAN: What does it all mean? Come to a campus informational meeting to find out. Cole Hall. Noon - 1:30 p.m.

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *12 Monkeys.* Children under 14 $2. UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 8:45 p.m. (Movies subject to change). Call 476-2542.

LESBIAN, GAY & BISEXUAL AWARENESS WEEK:

Student-resident-faculty dinner. MU Conf. Ctr. 6 - 8 p.m. Call 664-9664.

12 Friday

INSTITUTE OF HEALING ARTS & SCIENCES LECTURE: *The Tao of Body/Mind Healing.* Michael Mayer discusses how the practice of Qigong creates a balance of mind, body and spirit. N 721. Noon - 1 p.m. Call 330-5353.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *12 Monkeys.* Children under 14 $2. UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 8:45 p.m. (Movies subject to change). Call 476-2542.r percentage of body fat. $40-$50. C254. 10 a.m.-5 p.m. Call 476-5222 to register.*

15 Monday

UCSF'S LONG RANGE DEVELOPMENT PLAN: What does it all mean? Come to a campus informational meeting to find out. Laurel Heights Auditorium. Noon - 1:30 p.m.

LESBIAN, GAY & BISEXUAL AWARENESS WEEK: Comedy show. Comedian Suzy Berger presents "Can't Keep a Straight Face." Toland Hall. 7 p.m. Free admission for students. All others $2. Call 664-9664.

16 Tuesday

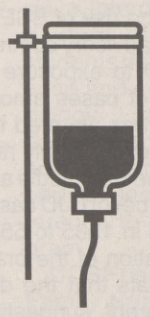
LESBIAN, GAY & BISEXUAL AWARENESS WEEK: Special free showing of "The Incredible True Story of Two Girls in Love." N 225. 6 p.m. Call 664-9664 for information about other events.

17 Wednesday

CANCER IN THE FAMILY

GI GRAND ROUNDS: *Familiality in Colorectal Cancer.* C. Richard Boland, Gastro., UCSD, John Carbone Distinguished Lecturer. S 214. 8 - 9 a.m.

CAMPUS BLOOD DRIVE: Come donate blood. Remember to bring personal ID. Sponsored by Blood Donor Center. Call 476-6989. MU Conf. Cntr. 9 a.m. - 5 p.m.



You don't have to wait for a blood drive to give blood. You may donate any weekday, 8 a.m. - 7:45 p.m., or Saturday, 9 a.m. - 4:30 p.m. at UCSF's Blood Donor Center, L 131. For information & appointments call 476-6989.*

18 Thursday

JOHN CARBONE DISTINGUISHED LECTURE

Genes & Colorectal Cancer. C. Richard Boland, Gastro., UCSD. Sponsored by Dept. of Med. N 225. Noon - 1 p.m. Call 476-2138.

DEAN'S SEMINAR: *TGF Signaling & Bone Development.* Rik Derynck, Growth & Dev., Anat., Dent. C 701. Noon - 1 p.m. Call 476-1101.

BROWN BAG LECTURE SERIES: *Allergies in Everyday Living.* Joseph McGerity, Med., Allergy & Immuno. discusses a survival guide to seasonal pollens. HSW 300. Noon - 1 p.m. Call 476-4394

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Leaving Las Vegas.* Children under 14 $2. UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 8:45 p.m. (Movies subject to change). Call 476-2542.

LEARN ABOUT LIGHTEN UP!

Free informational session about Lighten Up!, a comprehensive weight management program taught by an exercise physiologist and a nutritionist. Millberry Conf. Center. 5:15-5:45 p.m. Call 476-0350.*

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Toy Story.* Children under 14 $2; UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 7:45 p.m. (Movies subject to change.) Call 476-2542.*

19 Friday

MILLBERRY ARTS & PERFORMANCES' COLE HALL CINEMA: *Leaving Las Vegas.* Children under 14 $2. UCSF students & MU members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 8:45 p.m. (Movies subject to change). Call 476-2542.

LRDP CAMPUS MEETING

UCSF'S LONG RANGE DEVELOPMENT PLAN: What does it all mean? Come to a campus informational meeting to find out. Carr Auditorium, SFGH. Noon - 1:30 p.m.

CONTINUING EDUCATION

MEDICINE

For program information, call 476-4251. To register, call 476-5808 unless otherwise noted.

Ninth Annual Primary Care Update. Maui, Hawaii. Sun.-Fri., April 7-12.

Advances in Sexually Transmitted Diseases. Hyatt Regency, SF. April 18 & 19. Call 554-9630 for registration information.

Practical Dermatology Review Course: Tips on Practical Therapy & Office Techniques. SF. Sat.-Sun., April 20-21.

The General Surgery Postgraduate Course. SF. Thurs.-Sat., April 25-27.

Advances & Controversies in Clinical Pediatrics. SF. Thurs.-Sat., May 16-18.

Current Issues in Anatomic Pathology. SF. Thurs.-Sat., May 23-25.

Family Practice Board Review Course. Hotel Nikko, SF. Mon.-Thurs., July 8-11.

DENTISTRY

For information and registration, call 476-1101.

Local Anesthesia Revisited. UCSF. Sat., April 6.

The Art of Endodontics: Concepts & Techniques for the New Millenium. UCSF. Sat., April 13.

Pharmacology for the General Dentist: Update on Drugs Used in Dentistry. UCSF. Sat., April 20.

HIV Update '96 for Dental Professionals. UCSF. Fri., April 26.

Preparation for the Dental Hygiene Licensure Examination. UCSF. Sat., April 27.

Occlusion: Current Treatment Concepts for the General Practitioner. UCSF. Sat., May 4.

VOLUNTEER PROGRAMS

Programs to acquaint prospective volunteers at the Medical Center are offered regularly by Volunteer Services. For orientations at UCSF/Parnassus, please call 476-1196. For orientations at UCSF/ Mount Zion, call 885-7353.

DEVELOPMENT & TRAINING

For more information call 476-4032.

Supervisor's Training Program. Tues., April 9, 16, 23, 30, May 7, 14, 21. 8:30 a.m.-noon. $130.

Labor Relations Supervisory Series. Wed., April 10, 17, 24. 8:30 a.m.-noon. $40.

Vendor Payments. Wed., April 17. 1-4:30 p.m. $40.

Working Smarter, Not Harder. Fri., April 19. 8:30 a.m.-4:30 p.m. $100.

Travel Expense Processing. Wed., April 24. 1-4 p.m. $40.

Critical Thinking Skills. Thurs., April 25, May 2, 9, 16, 23. 8:30 a.m.-noon, except April 25, 8:30 a.m.-4:30 p.m. $200.

Communicating with Confidence — A Workshop for Non-Managers. Wed., May 1 & 8. 9 a.m.-12:30 p.m. $90.

Medical Terminology: An Introduction. Wed, May 1, 8, 15, 22. 2-4:30 p.m. $100.

General Ledger & Accounting. Fri., May 10. 9 a.m.-4:30 p.m. $50.

COMPUTER TRAINING

Facilities Management offers the following classes for PC users. All classes held at the FM Training Room, 3130 20th St. Shuttles leave from UCSF/ Mount Zion, Parnassus & SFGH. Half-day classes cost $135, full-day $215. Call 476-6825.

Access for Windows II. Tues., April 9. 9 a.m.-3 p.m.

Word for Windows III. Wed., April 10. 8:30 a.m.-noon.

Excel for Windows III. Wed., April 10. 1-4 p.m.

Windows for Workgroups I. Thurs., April 11. 8:30 a.m.-noon.

LIBRARY COMPUTER CLASSES

The UCSF Library offers the following free classes held in S 165A (EC) or 222 Library (PC). Call 476-2337 for a complete schedule.

- Monday, April 8, *Introduction to the Internet* 1-3 PM, (EC)
- Tuesday, April 9, *Introduction to EndNote® for Windows,* 1-3 PM, (PC)
- Tuesday, April 9, *FTP,* 3-5 PM, (EC)
- Thursday, April 11, *Introduction to EndNote® for Macintosh,* 9-11AM, (EC)
- Friday, April 12, *Searching on the World Wide Web,* 10-Noon, (EC)
- Monday, April 15, *The World Wide Web,* 10-Noon, (EC)
- Tuesday, April 16, *Medline on the World Wide Web,* 1-3 PM, (PC)
- Wednesday, April 17, *Writing for the World Wide Web: An Intro. to HTML,* 3-5 PM, (EC))
- Thursday, April 18, *Introduction to EndNote® for Macintosh,* 9-11AM, (EC)
- Friday, April 19, *Psychology Information Resources,* 10-Noon, (PC)

RAPE PREVENTION

Classes, workshops & support groups sponsored by UCSF Rape Prevention Program. Call 476-5222.

Personal Safety, Rape & Assault Prevention Presentations. By appointment to campus departments & employees in the workplace.

Support Group for Rape Survivors. Heal from the trauma of sexual assault through open dialogue, sharing the experience and information. Ten consecutive weekly sessions. Intake interview required. Date and time to be arranged. $180.*

AIDS/HIV SUPPORT

Anonymous & confidential caring, support & training for people with AIDS, those who have tested HIV-positive & others affected by the epidemic. Sponsored by UCSF AIDS Health Project, unless otherwise noted. Call 476-6430 for administrative office. Call client services at 476-3902 to schedule required intake interviews for groups (except drop-in group).*

Individual Risk Assessment & Referrals. By appointment.

Facilitated Ongoing Groups. For persons with HIV/AIDS and for caregivers, including a group for women caregivers.

Facilitated Time-Limited Groups. For HIV- gay and bisexual men, for HIV+ asymptomatic persons and for HIV+ heterosexual African-American men.

Monday Night Drop-In Group for HIV+/PWA. Call 476-3902 for location.

Drop-in Support Group for Women Living with HIV/AIDS: Meets every Monday. Free child care and beverages provided. Sponsored by Woman & Children's Specialty Program. A 45. 11 a.m.-1 p.m. Call 476-2417 or 476-7795.*

April 6-19, 1996

REGULAR MEETINGS & ONGOING SUPPORT GROUPS

SATURDAYS

HEALING GARDEN WORKING DAYS: Second & fourth Sat. of month. UCSF/Mount Zion Cancer Cntr. Healing Garden, 2356 Sutter. Call 885-3693.*

MONDAYS

DROP-IN SUPPORT GROUP FOR WOMEN LIVING WITH HIV/AIDS: Free child care and beverages provided. A 45. 11 a.m.-1 p.m. Call 476-2417 or 476-7795.*

HEALTH PROFESSIONALS IN RECOVERY: For physicians, nurses, dentists, pharmacists, PhDs and others. Anonymous, 12-step emphasis. Meets bi-monthly. Noon. Call 476-8279.

UCSF STAFF COUNCIL MEETING: Second Mon. of month. Noon-2 p.m. Call 476-5756.

FRIENDS OF LOIS AL-ANON MEETING: Closed meeting: for friends & families of alcoholics only. Conf. Rm. A, 3rd fl., MCB. Noon. Call 626-5633.*

COLORECTAL CANCER SUPPORT GROUP: Second and fourth Mon. of month. Reservations must be made at 885-7585. UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30 p.m.*

MELANOMA SUPPORT GROUP: For patients & family members. Meets monthly on a Monday. Reservations must be made at 885-7585. UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30-8:30 p.m.*

UCSF AIDS HEALTH PROJECT MEDITATION & SELF-HYPNOSIS WORKSHOP: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Rm., Davies Med. Cntr. 7-9 p.m. Call 476-3902.*

TUESDAYS

SFGH CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF/SFGH. Meets monthly. Call 476-5222.

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Help-line at 759-7923 provided daily, 7 a.m.-10 p.m.*

CAMPUS AMNESTY INTERNATIONAL MEETING: First Tues. of the month. MU 111W. Noon-1 p.m. Call 566-8406.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at MCB. Noon. Call 476-6761.*

PARKINSON'S DISEASE EDUCATION & SUPPORT GROUP: For people with Parkinson's & their caregivers. Third Tues. of month. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

BREAST CANCER SUPPORT GROUP: For women diagnosed or being treated at UCSF/Mount Zion or Parnassus. UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 5:30-7 p.m. Pre-registration necessary. Call 885-3693 or 388-3742.*

NURSES' PAIN ASSOCIATION MEETING. Second Tues. of month. C 254. 5:30-7:30 p.m.*

BRAIN TUMOR SUPPORT GROUP: First Tues. of month. C 130. 7:30-9 p.m. Call 284-0208.*

WEDNESDAYS

GAY, LESBIAN, BISEXUAL ASSOCIATION AT UCSF MEETING: Second Wed. of month. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues attend. Call 282-9650.

SUPPORT GROUP FOR FAMILY/FRIENDS OF THOSE WITH MENTAL ILLNESS: For those interested in psychiatric disorders & treatments. Call Laura Deering-Mayclin at 476-7394.*

LATIN AMERICAN CAMPUS ASSOCIATION MEETING: Second Wed. of month. HSW 508. Noon. Call Lucia DeLeon at 476-2010.

LATIN WOMEN COALITION: For Latina faculty, staff & students. Noon-1 p.m. Call 476-7117.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

TAI CHI CLASSES. UCSF/Mount Zion Cancer Cntr. Healing Garden, 2356 Sutter. Noon. 885-3693.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. Conf. Rm. 3, 1st fl., MCB. 12:05 p.m. Call 621-1326.*

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Help-line also provided daily, 7 a.m.-10 p.m. at 759-7923.*

FRIENDS & FAMILY MEMBERS OF CANCER PATIENTS SUPPORT GROUP: First & third Wed. of month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 4:30-6 p.m. Call 885-3693.*

BREAST CANCER SUPPORT GROUP: J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 6:30 p.m. Call 885-3693.*

SAN FRANCISCO CITY CHORUS REHEARSAL: 7 p.m. Call 765-SONG for locations and audition information.*

EATING DISORDERS SUPPORT GROUP: Open to anyone dealing with an eating disorder in themselves or others. M 688. 7-8:30 p.m. Call 332-3425.*

CO-DEPENDENTS ANONYMOUS MEETING: 12-step program for people who have dysfunctional relationships. LPPI A119. 8-9:30 p.m. Call 432-3529.*

THURSDAYS

AWAKE MEETING: AWAKE (alert, well and keeping energetic) is a support and education group for people with sleep apnea and their families. Third Thurs. of month. Bring CPAP equipment for check-up. Call 885-7886.*

CANCER SUPPORT GROUP — PATIENTS: First & third Thurs. of month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. Call 885-3693.*

UCSF GOSPEL CHOIR REHEARSAL: Weekly rehearsals at Parnassus. Noon. Call 476-6761.*

HEAD & NECK CANCER SURGERY SUPPORT GROUPS: Separate groups for patients and patients' families meet simultaneously on the second and fourth Thurs. of each month. J 221, UCSF/Mount Zion Cancer Cntr., 2356 Sutter. 1-2 p.m. Call 885-7623.*

PARNASSUS PLAYERS: UCSF's theater group meets regularly. Call 476-6761 or 476-9012 (day) or 821-5701 (evening).*

ASSOCIATION OF CLINICAL RESEARCH NURSES MEETING: Meets every other month, alternating between UCSF & Stanford. 5:45-7:30 p.m. Call 476-0683.*

SUPPORT GROUP FOR WOMEN LIVING WITH LIFE-ALTERING ILLNESS: Alternate Thurs. 6-8 p.m. Call 775-2854 to pre-register.*

FRIDAYS

CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF. Second & third Fri. of month. Noon-1 p.m. C 130. Call 502-5666.

WEIGHT WATCHERS MEETING: S 159. Noon-12:45. Call 476-5193.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. C 417. 12:10-1 p.m. Call 621-1326.*

LAKESIDE SENIOR MEDICAL CENTER CAREGIVER SUPPORT GROUP: First Fri. of month. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call 986-2305.*

For information on 12-step and support groups call the Bay Area Self-Help Center at 882-6235 or the Mental Health Association of San Francisco at 882-6230.*

THE NEXT DEADLINE

Tuesday, April 9, 1996 is the deadline for items to be listed in the next calendar, which covers **April 20 - May 3, 1996** (two weeks). Complete information must be received in our office in writing by 11 a.m. on that Tuesday. E-mail your copy to Michele Firpo at michele_firpo@quickmail.ucsf.edu, mail it to Box 0462, send a fax to 476-3541, bring it to UCSF/Laurel Heights, 3333 California St., Suite 103or call 476-3257.
To submit articles for Newsbreak/Medsounds, e-mail them to Lisa Cisneros at lisa_cisneros@quickmail.ucsf.edu, fax to 476-3541 or call 476-3256.

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physician to have the mammogram, in addition to their doctor's full name, address (including room number & zip code) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $65. To make an appointment call 476-2193 between 9 a.m. and 3 p.m.*

Listed below are dates when the van will be at UCSF locations. Call 476-2193 for a full schedule.

- Mon.-Wed, April 22-24: UCSF/Laurel Heights, 3333 California.

*Open to the public.

Upcoming Events

A-21 cost accounting standards meeting

Academic departmental administrators, faculty and others are invited to attend a campuswide meeting on federal changes to cost accounting standards on Monday, April 8, from 9 to 11 a.m., in Cole Hall.

The meeting will give campus participants a general overview of cost accounting standards, which were revised in 1995 by the US Office of Management and Budget (OMB) for recipients of federal grants and contracts. Increasingly concerned with costing practices at colleges and universities, the OMB revised guidelines known as the OMB Circular A-21, which is designed to curb administrative and other costs linked to research.

Spring cleanup

Volunteers are needed to join the San Francisco Clean City Coalition for the Fourth Annual "One Neat City Week" beginning April 14. Those interested in cleaning a city park, neighborhood or business district can call Katherine Riordan, UCSF Public Affairs, at 476-0729. Equipment and supplies will be provided.

UCSF Family Night

(See page 6 for details about the April 20 event.)

Join WalkAmerica

UCSF's Public Service Programs is coordinating the UCSF team for this year's March of Dimes WalkAmerica event, which raises money for research on birth defects. Employees and their friends and families who would like to join the UCSF team on Saturday, April 27, from 8 a.m. until noon, at Fort Mason, please call 476-2641 to pre-register. T-shirts and lunch will be provided to all our team members. Those who can't walk but would like to sponsor one of the walkers, call the above number.

Career, research day

The first annual Career and Research Day is slated for Wednesday, May 1, from 10 a.m. to 4 p.m.

Co-sponsored by the Graduate Students' Association, Graduate Division, the Nursing Student Council, UCSF Nurses Alumni Association and Sigma Theta Tau, Alpha Eta Chapter, the event will feature panel discussions in traditional and alternative careers and a graduate education seminar, both to take place in N 217. Workshops on resume writing, introduction to the new career center and web site also will be offered. Call 476-2233 for location of these workshops and for more information.

Celebrating May 5th

In celebration of Cinco de Mayo, the UCSF Women's Resource Center and the Latin American Campus Association present the film, "I, The Worst of All" ("Yo, La Peo de Todas"), on Thursday, May 2, in Room N 217. Showings are from 11:30 a.m. to 1:30 p.m. or 5:30 to 7:30 p.m.

Based on the book, "The Traps of Faith," by Octavio Paz, this film tells the story of a 17th-century Mexican peasant woman who, unable to pursue her desired life as a writer, entered a convent, the only place a woman could read and write. As Sister Juana Ines de la Cruz, she became one of the great poets of the Spanish language.

The filmmaker, Maria Luisa Bemberg, is considered Argentina's most important female filmmaker and one of the most respected Latin American directors active today.

Baer awards ceremony

The Dr. Charlotte C. Baer Memorial Award will be given to two distinguished members of the UCSF clinical faculty in an awards ceremony slated for Monday, May 6, at the Westin St. Francis Hotel on Union Square.

J.Brooks Crawford, an ophthalmic pathologist, and Ralph O. Wallerstein, chief of clinical hematology at SFGH, will share the honor. See the next issue of Newsbreak for a story about the awardees.

Asian Pacific American celebration in May

Asian Pacific American week kicks off Tuesday, May 14 with a free showing of "Asian Sons," a powerful new film by Academy Award-winning filmmaker Steven Okazaki. A mix of documentary and drama, the film is a provocative examination of how racism shapes the lives of Asian American men. Screenings will be at noon and 5:30 p.m. in Toland Hall. The evening showing will include a reading by Junichi Semitsu, a UC Berkeley student.

On Wednesday, May 15, from noon to 1:30 p.m., in HSW 300, William Tamayo, regional attorney of the US Equal Opportunity Commission, gives a keynote address: "Equal Employment, Affirmative Action and Asian Americans."

On Thursday, May 16, from 11:30 a.m. to 1:30 p.m., an Asian Pacific Cultural Festival features arts, food and entertainment in Saunders Court. A Filipino Cultural Celebration will be held the following day during the same hours at the same place while an Asian Pacific American Celebration will be held at noon at the Mission Center.

Events are co-sponsored by the Asian Pacific American Systemwide Alliance, EMPACT!, United Filipino Employees Association, UCSF Affirmative Action/Equal Opportunities Office, UCSF Public Service Programs, UCSF Women's Resource Center, UCSF Arts & Performances and the Pilipinos of UCSF Student Organization. For more information, call 476-2675.

ABOG Spring meeting

ABOG's annual spring conference, "Managing from Vision to Reality — the Human Side," is slated for Tuesday, May 7, from 9 a.m. to 4 p.m., at Laurel Heights.

Mimi Donaldson, a management training and development consultant, will deliver an upbeat, practical program on creative approaches to managing human transitions as organizations change. Donaldson has more than 10 years experience as a staff trainer for Rockwell International, Walt Disney Productions and Random House Publishing.

Registration fees are $75 for ABOG members and $90 for non-ABOG members. Fee includes breakfast, lunch and beverages. Call 476-8320 for more information.

Hispanic nurses forum

The UCSF School of Nursing and the Department of Nursing at the UCSF Medical Center present the ninth annual Hispanic Nursing Symposium on Friday, May 10, from 9 a.m. to 4:30 p.m. in Room N 225.

Participants will discuss practice and research issues to improve the delivery of nursing care to, and the health of, Hispanics. Keynote speaker is Beatriz Olvera Stotzer, manager of multicultural affairs for the Department of Water & Power in Los Angeles. Stotzer will give a talk entitled, "Our Past Pain is our Present Power if We Allow It."

Admission to the forum and Continuing Education Units is $45 or $35 for faculty and students. Deadline to register by mail is Sunday, May 5. Participants may register at the door. For more information, call Joann Ray at 476-4897.

State voters approve Prop 203

UCSF can make three buildings safer

California voters — some 62 percent of them — came through for schools, colleges and universities March 26 when they approved a $3 billion bond measure that finances the construction and renovation of public education facilities throughout the state.

In San Francisco, 77 percent of voters approved the measure. The success of Proposition 203, which passed with the largest margin of victory for a state school bond measure since 1988, means a long list of projects with state approval will be funded.

And while the $975 million earmarked from Prop 203 for colleges and universities will not meet the need for $6.6 billion in projects identified for improvements in the higher education system, the measure will bring in $19 million for essential upgrades at UCSF.

UCSF's Medical Sciences building, Oyster Point warehouse and Health Sciences Instruction Research building will get these critical improvements:

• Medical Sciences building will get an upgraded electrical system, additional duct capacity for fume hoods to exhaust toxic vapors, improved fire safety with the installation of fire doors between Medical Sciences and three other buildings, at elevator lobbies and between ceilings and floors; renovation of two old pharmacy labs.

• Oyster Point will get a reinforced roof with new roof and wall connections, strengthened walls, new sprinkler system overhead and in shelving racks in the storage area.

• Health Sciences Instruction Research will get improved air circulation and cooling systems and new building fans.

Some 140 employees work in the laundry services and materiel management departments at the Oyster Point warehouse, which will get the seismic upgrades it needs make it safer in an earthquake.

Kim Garcia, a manager at materiel management for 15 years, says she's glad that the bond measure passed because the building needs attention. Garcia and Christina Woo, an administrative analyst in Laundry Services, say the roof leaks when it rains.

"I'm glad that the roof will be reinforced not only for our safety, but to keep the linens sanitary," Woo says.

Lisa Cisneros

Justin Judge retrieves a box from the storage racks at UCSF's Oyster Point warehouse.

Nominate for Kaiser teaching awards

Nominations are now open for the 1996 Kaiser Awards for Excellence in Teaching. This is an opportunity for medical students and housestaff to honor the truly outstanding teachers who have been a source of motivation and inspiration. A cash award and certificate will be presented to: one member of the volunteer clinical faculty, one full-time faculty member in a clinical department and one full-time faculty member in a basic science department.

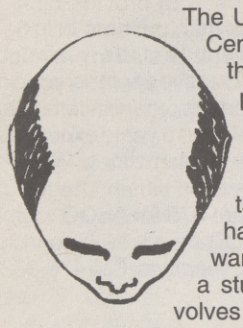
Nominations should be typed or legibly printed, and should identify the teaching responsibilities of the nominee and focus specifically on the instructor's quality of presentation, communication and educational concern as well as the ability to motivate and interest students. Please include specific examples.

Nominating forms are available in Student Affairs (S-245), The Deanís Office (S-224), VAMC Chief of Staff officeVAMC Bldg.4, Rm 2A-104), Mount Zion Department of Medicine, SFGH (2A21).

All nominations must be received in the Deanís Office, School of Medicine no later than 5 p.m., Friday, April 26, 1996. Contact Diana Naisby at 476-2342 with any questions.

Medical Call Board

Balding men



The UCSF Hair Research Center is searching for the gene causing male pattern baldness. Men who have the pattern shown in the picture and who attained this degree of hair loss by age 30 are wanted to participate in a study. Participation involves one clinic visit. For more information, call 476-3636 or 476-2572.

Women with breast cancer

The School of Nursing and Department of Hematology at UCSF are looking for young mid-life women ages 35 to 50 with breast cancer who are initiating a course of adjuvant chemotherapy. The focus of this study is on the menstrual cycle characteristics and experiences of young mid-life women. This research involves questionnaires and a blood test. Participants must have had surgery for histologically confirmed breast cancer, be able to read and write English and be beginning adjuvant chemotherapy. Studies will take place at a location convenient to the participant. For more information, call Patricia Larson at 476-1942.

Thermoregulation

The UCSF Thermoregulation Research Laboratory is seeking male volunteers to participate in a number of studies evaluating the effects of an experimental drug, dexmedetomidine, on temperature changes and thermoregulatory responses. The studies will be conducted in the Thermoregulation Research Laboratory with volunteers dressed in bathing suits to permit warming and cooling of the subject.

Participants will be paid, the amount depending on the time required and number of procedures involved. Participants must be in good health, between the ages of 18 and 40 years and average weight for their height. Please call the Thermoregulation Research Group at 476-3169 for more information.

Bladder control

Women are needed for a UCSF study on bladder control problems such as frequent urination or "leakage." The UCSF Department of Obstetrics, Gynecology and Reproductive Sciences is looking for women of color to participate. The study will focus on how bladder problems affect daily life, how this condition impacts on activities, and what women would consider successful treatment. All information is confidential, and participants will receive $45. For more information, call Beth Brown at 885-7547.

Fun Zone

Julie Norris

Music in the library

Soprano Julie Norris will be one of the featured singers at a music recital in the UCSF library on Wednesday, April 10 at 5:30 p.m. Other singers include Erin Neff, a mezzo-soprano who teaches the "Singing for Self Expression" class offered at Millberry, and baritone Kenneth Koppes. Sponsored by Arts & Performances and the Sarah B. Childs Chamber Music Fund, the free event will be held in the Lange Reading Room.

UCSF Family Night

EMPACT! presents UCSF Family Night at the Bay Area Discovery Museum in Sausalito on Saturday, April 20, from 6 to 9 p.m. The free event, sponsored by Air Touch Paging and ABM Engineering, is open to UCSF staff, students and their families and offers hands-on activities for children, information and give-aways from Bay Area amusement parks and local vendors. A raffle will be held every half hour. Tickets can be picked up at Millberry Central Desk (weekdays from 8:30 a.m. to 9 p.m.) and at EMPACT! satellite locations. Limit six tickets per person. For more information, call 476-2675.

Grand piano concert

UCSF pianists and recitalists take their talent downtown for a concert on Sunday, April 21 at 4 p.m. Sponsored by R. Kassman Pianos, this event will be held at 131 Franklin St. A $3 admission price includes a wine and cheese reception.

Wanted: student artists

UCSF students who are visual artists are needed to display their works at the Sixth Annual Student Art Show in May. Call Michael at 476-6761 for more information.

Samba dancers sought

Employees from Arts & Performances, SFGH and UCSF will be doing the samba in the annual Carnival Parade on Sunday, May 26 in the Mission District. No experienceis necessary; rehearsals are scheduled for Friday nights. Registration fee is $25. Dancers who want to participate, can call Karen Attix at 476-6761.

Call for abstracts for wellness lectures

UC faculty are invited to submit an abstract and application for the 1996 California Wellness Lecture Series.

Proposals for the 1996 Wellness Lecture Series should address policy implications or service issues, including clinical or personal recommendations or strategies for improving the health of Californians through prevention and other wellness efforts. Applicants are encouraged to emphasize one of the following:

- Promoting health where people work
- Mobilizing Californians against violence
- Promoting community health
- Devising methods and measures for population-based health.

Application forms may be obtained from Campus Contracts and Grants. Completed application forms and abstracts must be received no later than Wednesday, May 8, 1996. Applicants may submit the application and two abstracts, one with the name of the author and one without, to: Coordinator, Wellness Lectures, University of California, Office of Health Affairs, 300 Lakeside Drive, 18th floor, Oakland, CA 94612-3550 or call (510) 987-9711.

The UC Wellness Lecture Steering Committee will select six distinguished faculty who will prepare a paper and give an hour-long presentation to their campus community in October or November. Awardees may participate in a statewide forum and roundtable discussion in 1997-98. Each lecturer will receive $3,000 and an additional $1,000 for research assistance and editing expenses. Award announcements will be made in June. Once chosen, faculty must submit their original paper with all graphics, suitable for publication and in final form, no later than 5 p.m. Wednesday, Sept. 4, 1996. The six papers will be widely distributed to health policy leaders, health care providers and educational institutions throughout the state and nation.

Grants available to study ocean, coast

The California Sea Grant College Program is now accepting proposals for university-based research to begin March 1, 1997. The program supports innovative research, education, and advisory activities that will increase the understanding, assessment, development, utilization and commercialization or conservation of the ocean and coastal resources.

The deadline for submission of proposals is Monday, April 22, 1996 at 5 p.m.

Research programs considered for support by the program typically include studies on the aquaculture of marine plants and animals, marine biotechnology, water quality, recreational issues, marine chemistry and pharmacology, ocean policy and economics, and seafood science and technology. To receive a preliminary proposal application package, contact the Sea Grant office at (619) 534-4440 or visit the Sea Grant web site at http://www-csgc.ucsd.edu.

Call for proposals

UCSF has been invited to submit up to four proposals to the Collaborative UC/Los Alamos Research (CULAR) Program. This program funds joint research projects between the Los Alamos national lab and UC campuses in the areas of bioscience and biotechnology, earth and environmental systems and materials science. Applicants should submit completed proposal to Academic Services, Box 0400 no later than Friday, May 10.

Call for UCRS election candidates

UCSF employees who are active members of the UC Retirement Plan but who are not Academic Senate members are invited to run in the June election to the vacant seat on the UC Retirement System (UCRS) Board. Nomination packets for the election, to be held June 1 to June 30, are available in the UCSF Benefits Office, 145 Irving St., Room 205. Nomination forms must be received by UC Employee Benefits Plan Administration by Monday, April 15.

Interested candidates for the board, which advises the President of the University on matters concern retirement plans, must submit a petition signed by at least 50 active UCRP members who are not Academic Senate members. The petition is included in the nomination packet. For more information about this election, call the campus Benefits Office at 476-1400.

Crime Alert

Police ask for help to investigate death

UCSF police, in cooperation with the San Francisco Police Department, continue to investigate the death of Jason Karpf, whose body was found March 8 at the base of the six-floor parking garage at UCSF's Parnassus campus, according to Sgt. Jerome Graham.

Any passersby who may have seen or heard anything out of the ordinary between the hours of 11 p.m. March 8 and 3 a.m. on March 9 are asked to call the UCSF Investigation Unit at 476-6890.

Medsounds Continued

Karen Preuss

Study hall honors late surgeon

Mrs. Milton Pearl, center, attended the recent dedication of the Milton J. Pearl Surgical Study Hall at UCSF/Mount Zion. Doctors, left to right, Jeff Pearl, her son; Orlo Clark, Chief of the Department of Surgery; and Leonard Rosenman, a former colleague of Milton's; also attended the event honoring the elder Pearl, who was a respected surgeon at Mount Zion for many years.

Apply now for college scholarship

The Medical Center is offering the Jacqueline W. Kuhn Scholarship to a deserving student to help defray educational and living expenses incurred while away at college.

The purpose of the $1,000 scholarship is to recognize and reward a dependent of a Medical Center employee who has demonstrated excellence in academic accomplishment as well as service to the community through volunteer work and extracurricular activities.

Application forms must be returned to the Jacqueline W. Kuhn Scholarship Fund Committee, care of Kathy Balestreri, Box 0296 no later than Tuesday, April 30. The award honors Kuhn, former finance director.

Applicants must be the dependent of a staff member who has been employed by the Medical Center for at least three years. Applicants also must have been accepted to or be enrolled at least half-time at a campus of the University of California or a California State University. The awardee will be selected by a panel of Medical Center staff. For an application, call Joan Guerra at 476-2230.

Kids can enter T-shirt contest

All children ages 2 through 16 are invited to enter a T-shirt design contest sponsored by the UCSF/Mount Zion Pediatrics Group.

The goal of the contest is to promote education about the importance of childhood immunizations. Entries should illustrate the theme "I Got My Shots! Did You Get Yours?" and these words should be incorporated into the design.

First prize is a $50 cash award, and second prize is a $20 gift certificate for art supplies. The winning design also will be printed on T-shirts that will be given to all UCSF/Mount Zion patients who are 18 to 22 months old and who have completed their primary series of immunizations.

Design entries should be submitted on 8.5 x 11-inch white paper along with name, address, and phone number. Entries must be postmarked by midnight Monday, April 15 and should be mailed to: T-Shirt Design Contest, UCSF/Mount Zion Pediatrics Group, 2330 Post Street, Room 320, San Francisco, CA 94115.

Winners will be announced April 30. For more information call UCSF/Mount Zion Pediatrics at 885-7703.

Cardiologists *(from page 8)*

cardiologists play a role in the care of patients with severe heart failure, such as those who already have been hospitalized for the condition.

"I also think it's reasonable that any newly diagnosed heart failure patient might benefit from a consultation with a specialist," says Massie, who helped develop the AHCPR guidelines. Many internists and family practitioners will not need a cardiologist's input, he adds, "but I don't think a consultation should be disallowed by managed care."

Managed care plans are often criticized for limiting patients' access to specialists, whose services are more expensive.

The survey also showed that cardiologists more often prescribe drugs called ACE (angiotensin-converting enzyme) inhibitors. An AHCPR guideline recommends that all patients with heart failure, whether or not they have symptoms, be treated with the drugs. Numerous trials have shown that these drugs help prevent progression to symptomatic heart failure in people without symptoms when diagnosed, Massie points out, "and in those with symptomatic heart failure, we know ACE inhibitors help prevent deaths and hospitalizations."

Among surveyed doctors, 75 percent of cardiologists, 62 percent of internists, and 53 percent of general and family practitioners gave ACE inhibitors to patients without symptoms when diagnosed. For patients who had symptoms when diagnosed with mild or moderate heart failure, the drugs were prescribed by 87 percent of cardiologists, 77 percent of internists and 63 percent of general and family practitioners. Massie says he was encouraged to find that more than half of generalists prescribe ACE inhibitors for mild to moderate forms of the condition.

To put things in perspective, Massie points out that one trial has shown that 38 deaths and 145 hospitalizations were prevented for every 1,000 patients with mild to moderate heart failure who took ACE inhibitors for three years. About 2 million Americans suffer symptoms from mild to moderate heart failure, he says. "And if you extrapolate that 23 percent more patients are treated by specialists than generalists, that could add up to 4,000 fewer deaths and 16,000 fewer hospitalizations in a three-year period. At an approximate cost of $6,000 per heart failure hospitalization, you're also talking about $100 million in costs."

Survey respondents included 316 general and family practitioners, 292 internal medicine specialists, and 327 cardiologists. Doctors trained within the past 10 years were more likely to adhere to the AHCPR guidelines than those trained more than 20 years ago.

The team of researchers also included Martin Edep, former UCSF medical resident now at UC San Diego; Nihir Shah, research fellow at the VAMC; and Ida Tateo, UCSF and VAMC statistician.

Control *(from page 8)*

a common disorder that can range from occasional urine leakage to a chronic problem that requires use of pads or disposable diapers.

The UCSF/Mount Zion Women's Continence Center, which moved recently to medical offices at 2330 Post St., is the most comprehensive program in the San Francisco Bay Area for treating women with bladder problems. It offers extensive evaluation, the latest in diagnostic equipment, and several treatment options — from pelvic exercises to modifying diet — for patients with different types of incontinence.

Treatment is geared to the individual, says Luft. For severe cases, standard approaches such as medications and surgery are also available.

Patients can take part in "pelvic floor rehabilitation," a treatment that focuses on retraining the bladder and pelvic floor muscles that support the bladder and urethra. The program integrates behavioral therapy with biofeedback, and electrical stimulation. "While behavioral treatments require motivation and commitment, more than 80 percent of our clients who choose this option achieve their treatment goals and most report extreme satisfaction with this approach," says Mindy Goldman, assistant clinical professor of ob/gyn.

Indeed, as Pearce gains command of her pelvic muscles and bladder, she is back in control of her life.

Often incontinence in women is the result of years of normal wear and tear on the pelvic floor muscle, especially, as in Pearce's case, giving birth to four children. The muscle, which stretches from the pubic bone in the front to the base of the spine in the back, also supports the bladder, uterus and rectum.

"Stress" incontinence — when urine is released during exercising or sneezing — is the most common sign that the pelvic floor is losing ground. Pearce began experiencing a second symptom last summer — when upright, she could feel things dropping. Both floor and uterus eventually collapsed.

Pearce came to UCSF fully expecting surgery, but so far that has not been necessary. Under Brown's care, Pearce is using a device called a pessary, shaped and worn like a diaphragm, to keep her uterus in place and to take the pressure off the pelvic floor. A topical estrogen also is used to pump hormonal power back into her muscles. In the meantime, she visits the Women's Continence Center where she is learning pelvic exercises to strengthen the muscles that control opening and closing the bladder.

One of the strengths of the Continence Center, adds Brown, is its commitment to research. She recently reported results of a study that showed that of the risk factors for incontinence that are preventable or modifiable, the top two are hysterectomy and obesity.

Pearce, who describes herself as "active and always on the go," is working hard to stay in control. She does her pelvic exercises three times a day. Just two months ago, Pearce could not walk too far without feeling discomfort. Now, she is back to her afternoon exercise routine — a nearly three-mile stroll along the beach. And the only water she thinks about is the ocean.

For more information, call the UCSF/Mount Zion Women Continence Center at 885-7710.

Ritalin *(from page 8)*

"Many of these factors are more social, cultural and economic than neurologic," he says. "I think the major factor is the educational pressures, followed by the pressures on parents."

Although Ritalin has clearly been useful in the short term treatment of ADD, a disorder of the ability to focus and concentrate that is also sometimes called Attention Deficit Hyperactivity Disorder (ADHD), Diller questions whether it is being prescribed because it is an "easy" treatment. Other methods of handling children who may be on the borderline of having ADD — or who don't have it at all but still have problems — include family counseling, less daycare and more parental attention at home, smaller classes, or special education programs when appropriate. These methods are less popular because they are more expensive and time-consuming, Diller says.

Some parents tell him that the only way they can get extra help and attention for their children in school is to have them labeled with a disorder. Ultimately, this can mean that a disproportionate share of the educational dollar is spent on services for the disabled, he says, noting that in New York City, nearly a quarter of the school budget is spent on 13 percent of the students, while spending on regular education students is among the lowest in the nation.

Diller hopes "that physicians, psychologists, educators and parents begin to talk with one another about the social conditions associated with the rise in the use of Ritalin and discover that they are not alone in their worries and concerns about the large increase in its use. A reeducation campaign is in order to sensitize families that there is more to the cause and treatment of ADHD than one's genes and neurotransmitters."

As a pediatrician, Diller says he faces considerable pressure from many parents and teachers to medicate children. Managed care economics also creates pressure for a rapid diagnosis and treatment, which usually means medication. Diller says he insists on screening the child for learning disabilities, meeting with the family at least once, and consulting with the teacher, and only after these interventions considers medication. Nevertheless, he worries that other measures that could help the child cope will not be pursued, leaving medication as the only treatment.

Diller emphasizes that he is not suggesting that doctors should no longer use Ritalin to treat ADD. He recalls a colleague who asked if he would refuse to use medication to treat a child with diarrhea. Diller replied that of course he wouldn't, but if he knew the diarrhea was caused by water taken from a polluted stream, it would be his responsibility to call attention to the factory that caused the pollution.

"If society wants to answer its problems by overmedicating, that's up to society," he says.

"Whether individually beneficial or societally dangerous, it behooves the physician to at least raise these questions.... with parents, teachers and colleagues," he adds.

Nurses *(from page 8)*

Going beyond the call of duty

A first-generation American born to Russian immigrants, Evanikoff began working at UCSF as a volunteer at age 15. After three years, she was hired part-time in medical research labs where she worked for ten years while pursuing her nursing degree. An active member of the Cultural Diversity Enhancement Committee, Evanikoff has been a valuable resource to staff who care for Russian patients.

"Luba uses her special knowledge of Russian culture and language to provide high-quality care for our Russian patients on 10-Long, as well as helping other staff to provide better care for this unique patient population," wrote a nominator. "Luba consistently works above and beyond the call of duty . .."

She is a contributing author of a book on caring for ethnic patients in which she provides an overview of the Russian culture, including common rituals, medical conditions and translations.

A native of Brazil, DePaula acts as an intermediary between staff and patients and their loved ones when cultural differences present obstacles to the caregiving process. A clinical nurse III in the 9-ICU, DePaula has a master's degree in nursing with a specialty in cultural understanding of the hospitalized patient. She created the idea of a cultural diversity resource book intended for staff to improve outcomes of hospitalized patients by understanding the cultural needs of patients and their families.

"Her sensitivity to these patients who find themselves in a similarly culturally diverse environment allows her a measure of compassion and understanding that ultimately benefits these patients during their hospitalization," wrote a colleague.

DePaula organized an informal tribute to Chinese New Year during a recent staff meeting and plans to continue celebrating various cultures throughout the year.

Promoting diversity

The Cultural Diversity Enhancement Committee is a successor to the affirmative action advisory group established in 1981 under the leadership of Helen B. Ripple, director of nursing.

Today, the committee continues to advise the Director of Nursing, Jane Hirsch, fosters recruitment of underrepresented individuals to the Medical Center and develops a supportive environment to promote retention and professional development of a culturally diverse staff.

In recent years, the committee developed and distributed a resource binder, "Beyond Boundaries," a manual for nurses and other staff about ethnic health beliefs and practices of a variety of cultural groups and a book on career advancement for staff. To join the Cultural Diversity Enhancement Committee, call 476-3162.

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UCSF Medsounds

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Page 3 . . . Second-hand smoke, high cholesterol result in fatal heart attacks for non-smokers

Page 6 . . . California voters approve Prop 203 for three building upgrades at UCSF

Early diagnosis of strokes crucial in emergency care

Although stroke may be treatable if a patient gets rapid diagnosis and treatment, paramedics who misdiagnose these cases can delay newly proven therapy for damage control, according to a UCSF study.

"Our study confirms that when paramedics think a patient is having a stroke they are very accurate," says Wade Smith, UCSF assistant clinical professor of neurology and assistant director of the UCSF Stroke Service. "But paramedics fail to recognize many patients who are having strokes and who may benefit from acute therapy. We need to increase our efforts at educating paramedics about the signs and symptoms of stroke so that they are better able to diagnose stroke in the field."

The study findings were presented March 28 at the American Academy of Neurology's 48th annual meeting in San Francisco.

"Until recently, stroke was not recognized as an emergency," says Smith. "New research has shown that some medications given early in the course of a stroke can limit the size of a stroke and related damage that may eventually evolve."

Stroke may be treatable if intervention occurs within the first six hours of its onset. "Since patients with acute stroke are often first evaluated by emergency medical services paramedics, rapid and accurate identification of stroke victims may expedite enrollment in clinical trials," says Smith, lead author.

Smith and co-author Megan Corry, Paramedic Research Coordinator with the SF Department of Public Health Paramedic Division, reviewed the charts of all patients who were evaluated by San Francisco paramedics and transported to the UCSF Medical Center during a six-month period. Of 56 patients who eventually were diagnosed with stroke, paramedics correctly identified 29 of them. Paramedics identified only five patients as having stroke whose ultimate diagnosis was something other than stroke.

In some cases, paramedics may actually begin treatment in the patient's home, Smith says.

Lisa Cisneros

Award-winners Luba Evanikoff, left, and Tereza DePaula, right, pose with Jane Hirsch, director of nursing, after the "Beyond Boundaries" awards ceremony.

Nurses overcome cultural obstacles

By LISA CISNEROS

Nurses Luba Evanikoff and Tereza De Paula are the first two recipients of the "Beyond Boundaries" award for their efforts to promote cultural harmony among patients and their peers at the Medical Center.

Evanikoff and DePaula were honored March 20 with glass globe statuettes during a daylong symposium designed to improve cross-cultural communication in health care. About 50 Medical Center employees, mostly nurses, attended the forum sponsored by the Medical Center's Cultural Diversity Enhancement Committee.

Participants heard testimonials from staff and patients on what it's like becoming acculturated in America and learned from speakers what they could do to help break down barriers to effective communication to improve patient care.

Mika Strassman, a nurse who worked at Mount Zion for 24 years before joining the staff at LPPI three years ago, said she learned on her own how to speak a few words in several languages because translators were not always available when she needed one. "Even if my pronunciation wasn't exactly right, people were so pleased that I at least tried to speak their language," she said.

Indeed, even when translators are available to staff, psychiatrist H. Westley Clark, assistant clinical professor, pointed out that the message is often edited and some meaning is lost in the process. Clark, a member of the Chancellor's Steering Committee on Diversity and a recent recipient of the UCSF Martin Luther King Jr. Award, said forming trust and understanding between health care providers and their patients is more difficult than ever in today's health care environment. "We need time to hear, time to consider that my understanding doesn't mean the same thing to my patient," Clark said.

Despite the tide against affirmative action, Clark says UCSF should maintain a staff that reflects the population it serves.

Jane Hirsch, director of nursing, pointed out after the forum that the Medical Center remains committed to being an equal opportunity employer. Most of the 280 employees who were hired and trained for the higher-paying jobs as patient care and patient services assistants are minorities, Hirsch said.

(See **NURSES** *on page 7)*

Lisa Cisneros

Moffitt Circle: Patients only please

Due to excessive congestion in Moffitt Circle during peak daytime hours, the Medical Center has posted new signs to designate the turnaround area as a drop-off and pick-up point for patients only. Employees are requested not to use the Moffitt Circle to go to or from work in order to make patient access to the hospital as convenient as possible. Cars parked in Moffitt Circle for more than 15 minutes will be subject to a ticket as pictured above.

Pediatrician warns about Ritalin drug dependency

By SANDY BURNETT

Widespread use of the drug Ritalin to treat attention deficit disorder (ADD) in both children and adults may be creating a national dependency, warns a UCSF behavioral pediatrician.

"The rise in the use of stimulants like Ritalin raises alarm and signals an urgent need for American society to reevaluate its priorities," says Lawrence H. Diller, an assistant clinical professor in the UCSF Division of Behavioral and Developmental Pediatrics who is in private practice.

Diller is the author of an article titled, "The Run on Ritalin: Attention Deficit Disorder and Stimulant Treatment in the 1990s," published in the latest issue of "The Hastings Center Report." The Hastings Center in Briarcliff Manor, NY, is the oldest independent, nonpartisan, interdisciplinary research institute on bioethical issues.

The production of Ritalin, which is the well-known trade name for the stimulant methylphenidate, grew by 500 percent between 1990 and 1995, according to US Drug Enforcement Administration statistics Diller cites. He attributes the increase to a number of factors, including greater acceptance of medication to treat children's problems, broadened criteria for the ADD diagnosis, increasing performance pressures on children and families with decreasing social supports, economic/managed care pressures on physicians and school systems, and the influence of the mass media.

(See **RITALIN** *on page 7)*

Cardiologists should play role in heart failure cases

By PATRICIA FORSYTH

A national survey found that cardiologists are more likely than general or family practitioners to adhere to recently developed health care guidelines for diagnosing and treating heart failure, according to researchers at the San Francisco VAMC and UCSF.

Researchers surveyed 934 physicians to determine how they diagnose and treat heart failure, a leading cause of hospitalizations in older people and the only cardiovascular disease that is rising in the US.

While all of the physicians surveyed said they adhere to the guidelines released by the Agency for Health Care Policy and Research (AHCPR) in June 1994, study leader Barry Massie, director of the VAMC Coronary Care Unit and Hypertension Clinic and UCSF professor of medicine, said real differences exist in the patient care practices of cardiologists and non-specialists. These differences, he said, "potentially could add up to enormous clinical and economic impact."

For example, the random survey found that cardiologists are more likely to follow an AHCPR guideline that recommends that doctors use some specific measure of the heart's function, such as echocardiography — a technique that employs sound waves to create an image of the heart and its valves. "That's important because one out of every three patients you think might have heart failure actually does not," Massie says. In their survey, he and his colleagues found that 87 percent of cardiologists, 77 percent of internists, and 63 percent of family and general practitioners followed this guideline.

These findings, reported March 27 at the annual meeting of the American College of Cardiology, has led Massie to recommend that

(See **CARDIOLOGISTS** *on page 7)*

New treatments can cure, control incontinence

By ANDY EVANGELISTA

Occurring twice as often in women than in men, urinary incontinence is a common problem that Janis Luft, nurse practitioner, says is often shrouded in secrecy.

"We want to bring the topic out of the closet," she says. "Typically it takes seven years for a woman to even mention it to her health care provider."

Ann Pearce of San Francisco says she was too embarrassed to seek medical attention until a more serious, but related, problem forced her to do so last fall.

Pearce

"Too many women think that loss of bladder control is something they have to put up with as they grow older, but this is not true," says Jeanette Brown, an obstetrician/gynecologist and director of the UCSF/Mount Zion Women's Continence Center. "New treatments and high success rates mean the problem can be cured or controlled, and no one needs to suffer in silence."

Today, Pearce, 65, is well on her way to conquering the problem. Just nine months ago, traveling long distances was troublesome for her. Sometimes the simple act of standing up brought on the urge to go to the bathroom. Sneezing, laughing or lifting also were risky. Worried whenever she was around people, Pearce always kept an extra change of clothes nearby.

Pearce is among the 40 percent of women estimated to suffer from urinary incontinence,

(See **CONTROL** *on page 7)*